

# GML

GOVERNOR'S MONTHLY LETTER

APRIL 2024

## Environmental Month

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**Gordon R. McNally**

President 2023-24  
Rotary International



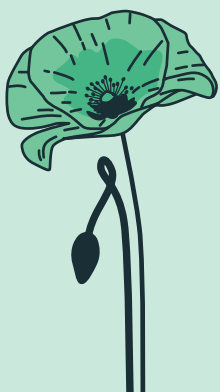
**Rajendra Dhoju**

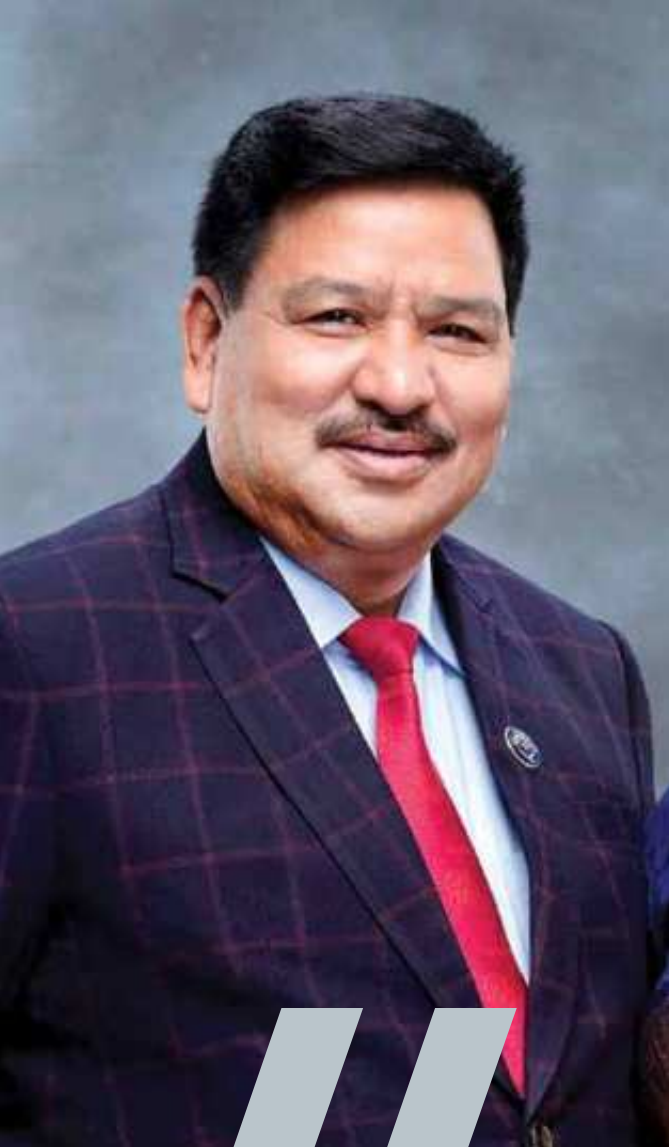
District Governor 2023-24  
Rotary International District 3292



*Shaping our*

**SUSTAINABLE FUTURE**





# GOVERNOR'S MONTHLY LETTER

Dear Fellow Rotarians, Rotaractors, and Interactors,

I am delighted to share the remarkable accomplishments of Rotary clubs throughout our district. Your dedication and generosity have brought hope to communities near and far. I commend each of you for the time, effort, and resources you have invested in these meaningful endeavors.

I extend my heartfelt congratulations to DGE Rajendra Man Sherchan and his team for the successful organization of the Presidents Elect Training Seminar (PETS) in Chitwan. I am confident that under their capable leadership, Rotary's impact will continue to flourish. To all club presidents, your active participation in preparing for the Rotary Year 2024-25 in Rotary International District 3292, Nepal-Bhutan, is truly commendable.

The Rotary Youth Leadership Award (RYLA) 2024 was yet another triumph, with over 75 young participants. I firmly believe that our investment in these young talents will shape the future leaders of our nation, and I am proud of our contribution towards their development.

**As April marks 'Environmental Month' in Rotary, numerous club activities have been dedicated to preserving our environment and ensuring its sustainability. Despite our district's goal of planting 100,000 trees in Rotary 2023-24 being on track to be achieved by June, it is disheartening to witness the devastation caused by over 1,000 wildfires, endangering the lives of countless wildlife. As true Rotarians, it is imperative that we play a pivotal role in controlling and preventing such disasters.**

Approaching May, designated as 'Youth Service Month', let us focus on planning club activities that promote youth leadership, instill positive values, and prepare our youth to become a capable workforce serving our country.

Furthermore, as we look forward to the Rotary International Convention in Singapore, I urge maximum participation from our district. Let us seize this opportunity to immerse ourselves in the spirit of Rotary, connect with global leaders, exchange ideas and cultural perspectives, and forge international connections.

Yours in Rotary,

**- Rtn. Rajendra Prasad Dhoju**

District Governor 2023-24

Rotary International District 3292, Nepal-Bhutan

## APRIL

Environmental  
Month

As April marks 'Environmental Month' in Rotary, numerous club activities have been dedicated to preserving our environment and ensuring its sustainability.

# RI PRESIDENTIAL STATEMENT

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

**Rotary has a vital role to play in advancing the cause of peace – I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves." We must never lose track of that last call – that to bring about change in the world, we need to foster change within.**

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent

of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.



It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

**- Rtn. Gordon R. McInally**  
President 2023-24  
Rotary International

## SHARING HOPE WITH THE WORLD

SINGAPORE  
25-29 MAY 2024

#Rotary24



# President Elect Training Seminar (PETS) 2024

**SIRAICHULI HOTEL  
BHARATPUR, CHITWAN  
6<sup>TH</sup> - 7<sup>TH</sup> APRIL 2024**

The President Elect Training Seminar (PETS) 2024 took place on April 6th and 7th at the Siraichuli Hotel in Bharatpur, Chitwan. Over 200 participants gathered for this enriching event, led by a team of esteemed trainers and facilitators including PDG Dilendra Shrestha, ARC DRF PDG Sanjaya Giri, and PDG Santosh Rijal, PDG Basudev Golyan, DGN Binod Koirala, IPDG Jitendra Bahadur Rajbhandari, Dinesh Raj Manandar, Co-Chair Laxman Gnawali, Lalita Thapa, Amit Giri, Pradeep Man Vaidya, Hira Sharma Nepal, Aresh Bhandary, DGND Vishnu Bahadur Karkee, DMC Subash Sigdel, Chogba Sherpa, Rajkumar Gupta, DGE Rajendra Man Sherchan, ARRFC MK Jha, DRFC Kumud Tripathi among others.

The program commenced with a vibrant opening plenary session, featuring national anthems, Rotary songs, and insightful remarks from distinguished leaders like DG Rajendra Prasad Dhoju and DGE Rajendra Man Sherchan. The agenda was packed with engaging sessions covering topics such as strong clubs, public image, and humanitarian service. Breakaway sessions allowed for focused discussions on leadership, planning, and club management.

Day 2 saw parallel sessions on attracting members and empowering young leaders, followed by a plenary session delving into



digitalization and the role of social media in Rotary's narrative. The event concluded on a high note with participants expressing their appreciation for the interactive sessions and sharing inspiring stories of community service.

With closing remarks from DGE Rajendra Man Sherchan and DLFC IPDG Jitendra Bahadur Rajbhandari, PETS 2024 wrapped up, leaving attendees energized and motivated to make a difference in their communities. 🌟



# RYLA 2024 KAKANI WRAPS UP SUCCESSFULLY EMPOWERING YOUNG LEADERS

**KAKANI INTERNATIONAL  
SCOUT CENTER  
25 APRIL 2024**



On April 25th, 2024, a cohort of aspiring young leaders were welcomed at Kakani International Scout Center (KISC) for the Rotary Youth Leadership Awards (RYLA) 2024 Kakani. Led by RYLA Chair Rtn. Nischal Bdr. Shrestha, this three-day event aimed to empower participants with experiential learning and engaging them in seminars, team-building activities, and hands-on projects. Their collective dedication and active participation resulted in the resounding success of the event.

Altogether, 66 participants, including 33 males and 33 females from diverse backgrounds, gathered to delve into workshops and activities focused on leadership, teamwork, and communication. The agenda was packed with engaging activities, including a night hike, team-building games, and scout activities like ziplining and rock abseiling. Inclusion of a Talent show and a Camp fire ignited a sense of unity and cultural significance among participants.



## Tree Plantation for Greener Tomorrow



At the sideline of RYLA 2024 Kakani, a tree plantation was done by the DG Rajendra Prasad Dhoju and other dignitaries on April 27, 2024 at International Training Center of Scout, Kakani.

The event was organized with support from Green Valley Green Nepal led by Rtn. Bhuwan Shrestha. The enthusiastic participants planted a variety of saplings, symbolizing their commitment to environmental conservation and sustainable development. 🌱





The event was graced by esteemed resource persons including Rtn. Aradhnaa Shrestha, who led a session on Leadership, Rtn. Sunil Tuladhar, who conducted a session on Diversity, Equity, and Inclusion, Narayan Krishna Kharel, who led a meditation session, Rtn. Subash Sigdel, who provided insights on RYLA expectations, Rtn. Jayendra Rimal, who facilitated session on Leadership Challenges, and Rtn. Amit Giri, who delivered a session on "What's Next?". Presence of esteemed guests including Chief Guest DG Rajendra Prasad Dhoju, IPDG Jitendra Bahadur Rajbhandari, DRR Roshan Karki and DIR Biblab Thapa empowered the participants to perform better.

The highlight of the event was the Group Presentations on Rotary's focus areas where each team members represented each focus areas and presented on the ongoing challenges and possible solutions. A session on "Leadership" led by Miss Nepal 2022 Priyanka Rani Joshi left a lasting impact on the participants, inspiring them to pursue their leadership aspirations.



## DISTRICT EVENTS

The event concluded with an award ceremony, where participants were recognized for their dedication and enthusiasm. Rtr. Sankalpa Bhatta was honored with the title of Mr. RYLA, and Rtr. Aarya Pudasaini was crowned as Ms. RYLA. As the event came to a close, DG Rajendra Prasad Dhoju expressed his appreciation for the participants' commitment to leadership development. He presented tokens of appreciation to acknowledge their efforts and encouraged them to continue their leadership journey with confidence.

RYLA was hosted by a consortium of Rotary Clubs, each playing a vital role in encouraging youth leadership development. The event was proudly hosted by RC Bagmati Kathmandu, RC Biratnagar Downtown, RC Boudha, RC Dhading, RC Kantipur Kathmandu, RC Kastamandap Kathmandu, RC Kathmandu, RC Kathmandu Midtown, RC Lalitpur, RC Mahaboudha, RC Mathdyapur, RC Matribhumi Baluwatar, RC Narayanti Midtown, RC New Road City, RC Rajdhani, RC Thamel Kathmandu. Additionally, the event was co-hosted by RC Baneshwor, RC Bhaktapur, RC Dillibazaar Kathmandu, RC Sankhu, RC Tripureswor, RC Dhulikhel. Their collaborative efforts helped in creating an environment conducive to learning and growth.

Reflecting on the success of RYLA 2024 Kakani, RYLA Chair Nischal Bhahadur Shrestha thanked all participants, organizers, and supporters for their invaluable contributions. The event concluded with a sense of optimism and empowerment, as young leaders left Kakani equipped with newfound skills and inspiration to make a positive impact in their communities. 🌟





# Testimonials from Participants of RYLA 2024 Kakani



**Arya Pudasaini**  
(Ms. RYLA)

RYLA brought out the child within me. It made me forget who I was for 3 days and took me on a journey where I completely immersed myself in the metamorphosis of becoming a leader. It was one of the best experiences of my life and I am super grateful for all the people who were there. I don't know if I'm a leader or have become one...but I surely had "RAliLaaaa" in RYLA - 2024. Thank you everyone from the bottom of my heart!



**Sankpa Bhatta**  
(Mr. RYLA)

I went to RYLA empty-handed, but now returning from RYLA, I am taking back the leadership and communication skills for life. Even more, I brought back the friends who are now more dear than life.



**Nischita Shrestha**

As they say life's most profound moments are often found in the company of new friends, where memories are made that shape who we are. I went into RYLA thinking all I was going to do was have a lot of fun and though I did do that, I believe during the three days I was there, I learnt so many important life lessons, made endless memories. It truly allowed me to embody confidence and inspiration to not only become a good leader but a good human being as well with compassion and care for everyone. I will forever be immensely grateful to everyone who made this trip a magical one.



**Kushal Pokharel**

I have learned many things from everyone. I have made some friends which I believe will last for my lifetime. I met many new people I used to be an introvert but after RYLA, I think I can talk with anyone. I am an ambivert now it's all because of RYLA and I am really thankful to all the team members for their support throughout the journey.

INTERVIEW BY RTN. RAJ SHRESTHA

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Sonam has been with Red Panda Network (RPN) since 2007, now serving as the Conservation Program Manager in Nepal. Starting as a Community Coordinator, he led conservation outreach and trained over 100 Forest Guardians. He received the Disney Conservation Award in 2015 and the 2022 Whitley Conservation Award for his red panda conservation efforts, featured in National Geographic, Guardians, BBC Wildlife Magazine, Mongabay, AllCreatures PodCast, and Nepali Times.

Sonam collaborates with RPN's partner organizations across 13 districts, focusing on project and grant management, donor relations, and community capacity building. He holds an MSc in International Nature Conservation from Lincoln University and Goettingen University, recognized for his camera trapping study in the eastern Himalayas which produced the first photographic evidence of a marbled cat. Sonam received the Mingma Norbu Sherpa Memorial Scholarship and Wildlife Conservation Network Scholarship for his MSc and also holds a B.A. from Tribhuvan University.

Here is an excerpt of the interview taken by Rtn. Raj Shrestha, Chair-District Publication and GML Sub Committee.

**Thank you for allocating your precious time and sharing your stories with us. How have you been doing to conserve nature and the species?**

When I was a kid at my rural village, Yamphudin in eastern Nepal, we weren't taught to admire and appreciate wildlife and nature. We took it for granted and

didn't care about them. When the WWF came to my village with their ground-based conservation work in 1997, then it enlightened me with the conservation messages and actions on the ground. Then, I realized that conservation is also a sector that we can work in. After completing my school, I joined forestry school to get the degree to be involved in conservation. I received a scholarship for my bachelor's degree and master's degree in conservation from the WWF which very much helped me to shape as a conservationist what I am today.

We, as in Red Panda Network (RPN), have been working for the conservation of wild red pandas and their habitat since 2007. Since then, we have initiated Project Punde Kundo, the world's first community-based red panda monitoring program.

RPN works in 13 out of 23 red panda range districts of Nepal. We work in 5 different thematic areas viz., research and monitoring, education and outreach, habitat management, sustainable livelihood, and policy advocacy. We work by mobilizing our



A man with dark hair, wearing a red t-shirt and a grey utility vest, is focused on working on a tree trunk in a lush green forest. The vest has a logo that reads "RED PANDA NETWORK".

CONSERVATION  
ACTIVIST

# Sonam Tashi Lama

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Securing a Home  
for Red Pandas

Forest Guardians who are local advocates for the conservation of wild red pandas and their habitat. Since 2019, we also launched Plant A Red Panda Home (PARPH), the first campaign to reforest core habitats, connect fragmented forests and create a wildlife corridor and sustain a viable red population in Nepal.

**What was the scenario 10 years ago and now? How do you see after another decade in conservation and create awareness to save Red Pandas?**

Ten years ago, the scenario for red pandas was dire. They were facing numerous threats to their survival, including habitat loss, fragmentation, poaching, and climate change. Their populations were declining rapidly, and there was a lack of widespread awareness about their plight. Beginning in 2007 in the Panchthar, Ilam Taplejung (PIT) districts of eastern Nepal, RPN adopted a holistic approach involving local communities to address the interconnectedness of red pandas, people, and the environment.

Over the past decade, RPN has focused on educating and empowering local communities, particularly marginalized groups, to safeguard red pandas while promoting sustainable livelihoods and environmental stewardship. This effort has increased government interest in red panda conservation, with increasing investments in the field. Studies indicate higher awareness levels among locals in our project districts compared to others. Initiatives such as empowering women in conservation, providing educational scholarships, and recruiting female Forest Guardians aim to address gender disparities and enhance community engagement.

Looking ahead, we intend to intensify our conservation interventions, expecting increased government investment in red panda conservation over the next decade. However, the conservation threat will surely rise in the future because of intensive unplanned developmental works and several other anthropogenic as well as climatic factors.

**How do you see the harmony of co-existence of different species, plants and nature? How can humans play their part?**

The harmony of co-existence among different species, plants, and nature is



essential for maintaining the balance and health of ecosystems. Each organism, from the smallest plant to the largest animal, plays a unique role in the intricate web of life. When these components coexist in harmony, ecosystems thrive, providing essential services like clean air, water, and food production.

Humans can play a pivotal role in fostering this harmony of co-existence through conservation and protection of vulnerable habitats, sustainable resource management, and biodiversity conservation. By recognizing the interconnectedness of all life forms and taking proactive steps to protect and preserve our natural world, humans can play their part in ensuring a sustainable future for generations to come.

**Why are Red Pandas so significant in our ecosystem? Would you like to share your experience, research and study outcomes?**

Red pandas play a crucial role in our ecosystem as both indicator and flagship species for the Eastern Himalayan Broadleaf Forest Ecoregion, a significant biodiversity hotspot. As tree-dwelling creatures, they

coexist with other threatened wildlife and human communities, all reliant on forest habitats. Through my research, I have identified environmental stressors affecting red pandas and highlighted the importance of factors like enrichment and habitat preservation for their welfare.

Additionally, habitat loss, degradation, and fragmentation are triggering the decline of the endangered red panda population by half in less than a decade as documented by the IUCN Red List of threatened species. Red panda habitats in Nepal are fragmented into 400 small, isolated patches that lie outside the network of protected areas as reported by Nepal National Red Panda Status Survey Report.

By engaging in community-based conservation efforts, we empower local communities to protect red pandas and their habitats sustainably.

**What are the recent developments to create awareness and provide a favorable environment to Red Panda's conservation?**

Recently, we have been pushing hard for the work of sustainable livelihoods to benefit the people living in and around



We have trained 17 local women of our project areas in rug weaving and 18 on nettle fiber extraction and weaving. Such trainings have been fruitful in making the local women economically independent, lessening their dependence on the red panda habitats ultimately promoting their safety and growth.

the red panda habitat since we believe that conservation is more effective and successful when linked with people's livelihood. We have trained 17 local women of our project areas in rug weaving and 18 on nettle fiber extraction and weaving. Such trainings have been fruitful in making the local women economically independent, lessening their dependence on the red panda habitats ultimately promoting their safety and growth. Also, the Red Panda-based Outdoor Education is instigating the local students towards conservation. As mentioned earlier, habitat restoration in the red panda range areas is the biggest thing we have been investing our major funds in the recent years.

**How have you been managing funds and utilizing them toward your goals?**

We collaborate with conservation foundations and zoos in order to work for the conservation of wild red pandas in Nepal. RPN is a non-profit making international organization based on donations and grants. In order to gain maximum return, we have a very small but

efficient team. 92% of our human resources are field based and over 80% of our funds are invested in the field. Our funds are invested not just for the conservation of wild red pandas but also for promoting sustainable livelihood practices and making the locals and youths aware about the importance of conservation of red pandas.

**Do you have any plan, program or activity designed to attract young generations and educate them on the importance of Red Panda?**

We have inaugurated the Himalayan Hambre Center (HHC) in Taplejung serving as a living laboratory, introducing the local youths and students to eco-friendly design, aesthetics, eco-tourism, and practical sessions aligned with academic curriculums.

We also have initiated Red Panda-based Outdoor Education in order to encourage the students not just for academic knowledge but also for the connection with nature, learning essential life skills, and understanding local and global issues. The goal of this initiative is not just academic

Through the Ministry of Forests and Environment (MoFE), the government has launched Nepal's first red panda conservation action plan.

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Our work extends to over one million acres of forest and 50% of Nepal's red panda range, collaborating with local governments and community forest user groups to protect red pandas and their habitat in the Eastern Himalayan Broadleaf Forests of Nepal.

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International communities are also supporting RPN's conservation efforts. In 2022, I was awarded with the prestigious Whitley Award for nature conservation.

success, but creating a well-rounded education through this initiative where students delve deeper into nature, explore local communities, understand red panda habitats, and grasp the importance of conservation and environmental protection.

We also collaborate with local community schools to endorse Environment Conservation Education textbook in local curriculum in order to instigate the importance of conservation to the students from a young age.

**How much support are you receiving from the Government of Nepal and international communities?**

The Government of Nepal provides the approval for our work to go to the field. And, through the Ministry of Forests and Environment (MoFE), the government has launched Nepal's first red panda conservation action plan, which aims to protect and manage red panda populations

in the country by applying a holistic approach to conservation. RPN's research and conservation programs are based on the action plan. Our work extends to over one million acres of forest and 50% of Nepal's red panda range, collaborating with local governments and community forest user groups to protect red pandas and their habitat in the Eastern Himalayan Broadleaf Forests of Nepal.

International communities are also supporting RPN's conservation efforts. In 2022, I was awarded with the prestigious Whitley Award for nature conservation. Similarly, we collaborate with zoos and conservation foundations from all around the world who support and contribute to our work for the conservation of red pandas and their habitats.

**Rotary International also serves communities and contributes to a sustainable future. How have you**



Rotary clubs can enhance our education programs by organizing events, workshops, and awareness campaigns to raise knowledge and awareness about red pandas and their conservation needs.

#### assessed the Rotary activities and see possibilities to collaborate?

Rotary International has played a significant role in serving communities and fostering lasting change through initiatives aimed at environmental protection, education support, and local economic development. Their commitment to community-based solutions resonates with our mission to promote sustainable livelihoods and protect red pandas and their habitat. We see potential for collaboration in empowering communities while safeguarding red pandas. Additionally, Rotary clubs can enhance our education programs by organizing events, workshops, and awareness campaigns to raise knowledge and awareness about red pandas and their conservation needs. Furthermore, their assistance in fundraising efforts and advocacy at local, national, and international levels can amplify our conservation message and cultivate a stronger global community of supporters.

#### Would you like to share anything more with Rotary communities?

In addition to Rotary International's commendable community service efforts, there is potential for greater involvement in wildlife and biodiversity conservation, aligning with Rotary's focus on environmental initiatives. This shift in focus would be well-received by the conservation community in Nepal. Lastly, the Rotary community are always welcome to the Himalayan Habre Center (HHC) in Taplejung if they are interested in learning and getting hands-on experience on sustainable and green living practices. 🌱

VISIT TO LEARN MORE ABOUT THE INITIATIVES.



# DG Visit

## During the Month of April 2024



Kavre Valley (27 March 2024)



Pashupati Kathmandu (1 April 2024)





Parbat (2 April 2024)



Pokhara Annapurna (2 April 2024)



Baglung (3 April 2024)



Gorkha (4 April 2024)



Dhading (5 April 2024)



Birgunj (7 April 2024)



Damak (8 April 2024)



Urbari (9 April 2024)



Biratnagar Fusion (9 April 2024)



Itahari (10 April 2024)



Biratnagar Downtown (10 April 2024)



Kathmandu North East



Birtamode Midtown (11 April 2024)



Kathmandu (12 April 2024)



Lumbini Siddharthanagar (23 April 2024)

# Club News & Activities

APRIL 2024



## Thread Art Painting

RC of Mahabouddha  
20<sup>th</sup> March 2024

The Rotary Club of Mahabouddha conducted a Thread Art Painting event for Interact students at Regent School in Dhapakhel on March 20<sup>th</sup>, 2024. Twenty-five students participated in the Thread Art painting program, expressing their excitement at using different painting techniques for the first time. The program was facilitated by the Bahini Saathi Ko Saathi organization, with

guidance from members Barsha Mager and Amit Shakya.

The participants quickly grasped the techniques demonstrated, resulting in beautifully and creatively executed thread paintings. Drawing materials were generously provided by Regent School (Principal Rtn. Nawraj Sanjel), while food and beverages were organized by the Rotary Club of Mahabouddha. The event was smoothly coordinated by the club's youth chair, Rtn Aazoo Rana. We extend our gratitude for all the support that contributed to the success of this event.

## Megha Eye Camp

RC of Dharan  
23<sup>rd</sup> March 2024

A Comprehensive Eye Camp was conducted on 23<sup>rd</sup> March 2024 in Dharan 20 Ward office, Bishnupaduka sponsored by Rotary Clubs of Australia and in coordination with Rotary Club of Dharan, Rotary Club of Dhulikhel and Surya Eye Care Center Dharan. The Eye camp was

conducted on the outskirts of Dharan City at a remote location. The ward office of Dharan 20 supported the eye camp by availing rooms for checkup and provided lunch for the entire team. This benefitted 324 patients of the local community as they could obtain all services of the eye camp very near to their home. The eye camp provided a complete checkup and distributed 238 eye glasses and medicines free of cost as required by the patients. 25 patients required cataract operation and Surya Eye Care Center Dharan successfully completed the cataract Surgery through Phaco technology. The cost of each cataract surgery was Rs. 12,000/- but Surya Eye Care Center provided the surgery for Rs. 3,500/- on special request of Rotary Club of Dharan and the total cost for the cataract operation for 25 patients for Rs 87,500/- was sponsored by Rotary Clubs of Australia. The eye camp added further social value to the Rotary image in the local community.



## Jersey Hand Over to Tirupati Cricket Club

RC of Bhairahwa  
31<sup>st</sup> March 2024

The Rotary Club of Bhairahawa, known for its innovative and exemplary work in the social sector, distributed jersey sets to players on Saturday. As part of Umesh Chandra Acharya's birthday celebration, president of the Rotary Club of Bhairahawa for the year 2023-24, the club presented the jersey sets to Rajkumar Gupta, president of Tirupati Sports Club, at Siddhartha Stadium on Sunday. The club is actively participating in the ongoing Super League Cricket at Siddharth Stadium in Bhairahawa.

During the event, Chairman Acharya emphasized the club's efforts to support sports development and boost player motivation. Previously, the club had also donated cricket equipment to the Tirupati Club. Tirupati Sports Club played their match on Sunday wearing jerseys bearing the Rotary Bhairahawa's name. Gupta, president of Tirupati and founder president of Rotary Bhairahawa, highlighted how receiving sports equipment from Kriasil Club had elevated the spirit of sports and excitement among players in another social area.

At the event, the club's secretary, Hari Prasad Acharya, outgoing president Ro. Pawan Poudel, President-Elect Ro. Ram Prasad Panthi, Treasurer of the club Deepak Sapkota, and Service Project Chair Row. Suman Paudel expressed their views. They emphasized Rupandehi's significance as a fertile ground for Nepali cricket and stressed the importance of everyone's support and cooperation.



## Reusable Cloth Pad Stitching Training

RC of Biratnagar Fusion  
2<sup>nd</sup> April 2024

Understanding the importance of promoting sustainable menstrual hygiene practices and women's empowerment, Rotary Club of Biratnagar Fusion identified the need to provide training on sewing reusable cloth pads. Reusable cloth pads are not only cost-effective but also environmentally friendly, making them a suitable alternative for women, especially in resource-constrained areas.

In line with its commitment to community service and women's health, Rotary Club

of Biratnagar Fusion conducted a training program on sewing reusable cloth pads for 10 women. The program aimed to equip participants with the necessary sewing skills to create their own cloth pads, contributing to improved menstrual hygiene management and sustainability. The curriculum included hands-on training in cutting fabric, sewing techniques, assembling cloth pads, and ensuring quality control.



The participants demonstrated enthusiasm and confidence in their ability to create cloth pads for personal use and potentially for distribution or sale within their communities. Through such initiatives, the club continues to make positive strides towards empowering women and promoting community health and well-being.



## Distribution of Sports Materials, Shoes, Stationery and Track suits to School Children

RC of Patan Durbar Square  
5<sup>th</sup> - 9<sup>th</sup> April 2024

On April 5th, 2024, the Rotary Club of Patan Durbar Square distributed sports materials and track suits to the Chepang children of Devi Bhanjyang Rastriya Adharbhoot School Vidyalaya in Kalikhola, Ichhakamana Rural Municipality, Chitwan. Additionally, in collaboration with Lions Club of Kathmandu Gurans and Lions Club of Kathmandu Haratima, 65 pairs of shoes in various sizes, including two pairs of socks, and 300

pieces of copies, dot pens, and pencils were distributed to the students of Shree Janashakti Adharbhut Bidhyalaya in Dhading, Dhunibesi, Chihandanda on April 9th, 2024.

### Beneficiary

- 160 marginalized Chepang students of Devi Bhanjyang Rastriya Adharbhoot School Vidyalaya, located in Kalikhola, Ichhakamana Rural Municipality, Chitwan.
- 65 students of Shree Janashakti Primary School in Khanikhola, Dhading.

## Blood Donation Program

RC of Boudha  
April 2024

On the occasion of the full moon day, the Rotary Club of Boudha successfully collected 44 pounds of blood at Boudhnath. We extend a heartfelt thank you to all the generous donors and dedicated members of the Rotary Club for their invaluable contribution.



# Mushroom Farming Support through Global Grant

RC of Maharajgunj  
5<sup>th</sup> April 2024

On April 5, RC Maharajgunj members with AG Bhuwan Shrestha, Social Welfare Council officers Mr. Mahesh Jaisi and Sher Bahadur BK, GSR/ Advisor Maheswor Bhakta Shrestha, Partner Club President of Kavre Valley Ritesh Kayastha, RCM Charter President cum Service Project Director Dr. Jay Bahadur Tandan, Club President Er. Rtn Krishna Bahadur Gurung, Members Rtn. Rajendra Maharjan, Rtn. Basanta Adhikari, Rtn. Nirmal Sapkota and Mushroom Expert Mr. Suman Maharjan visited the two project sites: Oyster Mushroom farming in Chyasing tole, Budhanilkantha-6, Kathmandu and Botton Mushroom farming in Panauti, Kushadevi, Kavre- 2. The team met the 15 farmers at each site and observed the progress made under this Rotary's global grant project. The

Mushroom Expert guided the farmers to maintain temperature and humidity for greater productivity. The project had host committee international partners from RID 7410 PA USA as primary contact and 13 other Rotarians from RID 7410.

GLOBAL GRANT VALUE:  
**NPR 84,63,089.40**

- IMPACT/OUTCOME:
- Provided training and logistic support for Mushroom to 30 Farmers (15 Oyster Mushroom & 15 White Button Mushroom)
  - Increase Farmer's economic Status by at least 30% and
  - Enhancement employability to local youths and develop community awareness on replication and technology transfer of such project in local communities.



AG Bhuwan Shrestha, Social Welfare Council officers Mr. Mahesh Jaisi and Sher Bahadur BK, GSR/Club Advisor Maheswor Bhakta Shrestha, Partner Club President of Kavre Valley Ritesh Kayastha, RCM Charter President cum Service Project Director Dr. Jay Bahadur Tandan, Club President Er. Rtn Krishna Gurung and Club Members Rtn. Rajendra Maharjan, Rtn. Basanta Adhikari, Rtn. Nirmal Sapkota and Mushroom Expert Mr. Suman Maharjan with mushroom farmers of Kavre on April 5, 2024



Monitoring Visit GG Button Mushroom at Kushadevi o2 Panauti Municipality 5th April 2024



# Beautician Training Course

RC of Biratnagar Fusion  
5<sup>th</sup> April 2024

Recognizing the importance of skill development and empowerment, particularly for young women, the Rotary Club of Biratnagar Fusion initiated a 45-day Beautician Training Course, free of cost, for seven girls from the local community. The program aimed to equip participants with the necessary skills and knowledge to pursue careers in the beauty industry or start their own businesses.

The Beautician Training Course was designed as a comprehensive program covering various aspects of beauty care, including skincare, makeup application, hairstyling, and customer service. The course curriculum was developed in collaboration with experienced beauticians and industry professionals to ensure relevance and practicality. Participants received instruction from qualified trainers who provided personalized guidance and support throughout the course.

The Beautician Training Course had a significant impact on the participants, empowering them with valuable skills and boosting their confidence to pursue career opportunities in the beauty industry. Additionally, the free-of-cost nature of the program eliminated financial barriers and provided access to skill development opportunities for young women in the community. Through such initiatives, the club continues to make meaningful contributions to community development and empowerment.







## Sewing for Change Campaign

RC of Biratnagar Downtown  
10<sup>th</sup> April 2024

The sewing machine donation project led by the Rotary Club of Biratnagar Downtown, with support from NMB Bank, has had a profound impact. By providing 20 underprivileged women with sewing machines and training, . In the gracious

presence of District Governor Rtn. Rajendra prasad Dhoju, D.S. Rtn. Dinesh Manandhar, A.D.S. Rtn. Nikita Giri on 10th of April.

The project has empowered them with valuable skills and livelihood opportunities. Over the months of training, these women have gained confidence and independence, enabling them to generate income for themselves and their families. This initiative not only fosters economic empowerment but also enhances social cohesion and community development, laying the groundwork for a brighter future. Total budget for the project:250,505/.



## Cycling to Success

RC of Biratnagar Downtown  
19<sup>th</sup> April 2024

Access to Education, Empowerment, Health Benefits, Environmental Sustainability, We Rotary Club of Biratnagar Downtown distributed 40 bicycles to school going girls and breadwinner ladies. Celebrating former of Rotary "PAUL HARRIS" birth date 19th of April in the gracious presence of Mayor Nagesh Koirala.

The project's impact is multifaceted: it empowers school-going girls and breadwinner

women by providing them with bicycles, enhancing their mobility and independence. With easier access to education and work opportunities, these individuals can break barriers and pursue their aspirations. Additionally, the project promotes environmental sustainability by encouraging cycling as a mode of transportation, reducing carbon emissions.

As a result, communities benefit from increased female participation in education and the workforce, while simultaneously contributing to a cleaner environment and healthier lifestyles. Total budget for the project: 2,81,500/.



## New Year Calendar Release and Celebration

RC of Kathmandu Height  
17<sup>th</sup> April 2024

The Rotary Club of Kathmandu Height celebrated the start of the New Year 2081 B.S. by releasing its special club calendar and sharing New Year greetings.

The spirit of friendship and togetherness, which is at the heart of Rotary, was felt by everyone at the event. It took place on April 17, 2024, at the Kathmandu Height Boutique Hotel. The Assistant Governor of the club, members, guests, and family were all there to join in the festivities.

The calendar, carefully put together, features ads from different businesses and services. This shows the support from sponsors and the hard work of club members. The Rotary Club of Kathmandu Height is grateful for their help and dedication.

The calendar isn't just a calendar—it's also a way for RCKH to show its commitment to making a positive impact in the community and promoting a good image of Rotary.

After the formal part of the event, everyone enjoyed chatting over drinks and a delicious dinner. It was a happy evening full of unity and friendship.

The event cost including calendar printing and fellowship was Rs. 1,70,000 (approx.)





## Health Camp at Jwalamukhi-4, Ranachautaro, Dhading

RC of Narayani Mid Town  
20<sup>th</sup> April 2024

On April 20<sup>th</sup>, 2024, the Rotary Club of Narayani Mid Town conducted a free health camp at Dhola Health Post in Jwalamukhi-4, Ranachautaro, Dhading. Specialized services were provided in Dental, Orthopaedics, Dermatology, Gynaecology, General Medicine, and Pediatrics. Medicines worth Rs. 5,00,000 were distributed during the health camp. Additionally, the Rotary Club of Narayani Mid Town will provide free treatment and necessary further services at Dhading Hospital for 10 women diagnosed with uterine prolapse. A telemedicine facility will be initiated between the Health Post at Dhola and Dermatologist Dr. Achyut Pokharel. The total number of registered patients was 502.



## Mental Health Camp

RC of Yala  
27<sup>th</sup> April 2024

On April 27, 2024, in the serene locale of Pimbahal, Patan, the Rotary Club of Yala spearheaded a significant initiative: a Mental Health Camp in partnership with Punarjeevan Hospital and Magnus Pharmaceutical Company. This collaborative effort aimed to tackle prevalent mental health issues and address orthopedic concerns within the community.

Led by a distinguished medical team including Prof. Dr. Sudarshan Narsing Pradhan, Dr. Nalisha Pradhan, Dr. Samip Adhikari, and Dr. Prince Sangraula, the camp offered free mental health screenings and assessments, alongside consultations for orthopedic ailments. Sixty individuals actively engaged in the camp, seeking mental health check-ups and expert orthopedic advice.

This endeavor, which seamlessly blended healthcare provision and community engagement, underscored the Rotary Club's commitment to holistic well-being. By



partnering with local healthcare institutions and a pharmaceutical ally, the camp not only addressed immediate health needs but also fostered awareness about mental health, thereby promoting inclusivity and accessibility to healthcare services. The success of this mental health camp stands as a testament to the

power of collaborative initiatives in serving communities and advocating for comprehensive healthcare. Such endeavors are pivotal in dismantling stigmas surrounding mental health and ensuring that healthcare remains a fundamental right for all individuals.



# At convention, find breakouts tailored to you

*At the Rotary International Convention main stage, you feel Rotary's sweeping influence while cheering with thousands of fellow members.*

And when you shift to smaller breakout sessions, that's where you get to do the in-depth work of digging into focused topics that interest you. Choosing among dozens of sessions in Singapore, you'll take away bold ideas about how to improve your club experience, your community, and the world.

You can learn ways to combine the strengths of Rotarians and Rotaractors, solve any challenges with recruiting and keeping members, and boost mental well-being — for yourself and the people around you.

Maybe you want to run a carbon-neutral club or event, collaborate with partners like Habitat for Humanity, pull in experts for project advice, or regrow Interact membership. There are breakouts that address each of those.

Get tips to make new projects and longtime initiatives even more successful and grow a lifelong love of Rotary among your club's members. These are just some of the themes up for discussion: measuring results to show impact,

building bridges among members of all ages, making the club you always wanted, and using artificial intelligence in Rotary.

Registration isn't required for the sessions 27-29 May, but you can browse the full preliminary list on the convention website to plan how you'll be Sharing Hope With the World. There's even a session that fits perfectly with that theme: Spreading Global Kindness — Starting in Singapore. 🌍

# District Governor's Calendar

## MAY 2024

DATE	DAY	EVENT
3	Friday	DG Visit of RC Thamel
4	Saturday	Charter Presentation Ceremony of RC Kathmandu Heritage
5	Sunday	DG visit and Charter Day of RC New Road City Kathmandu
14	Tuesday	Charter Day and DG Visit of RC Durbarmarg Kathmandu DG Visit of RC Durbarmarg Kathmandu
15	Wednesday	Charter Day of RC Kantipur Kathmandu



# FROM THE EDITOR'S DESK



Dear Fellow Rotarians,

**I begin with a heavy heart, reflecting on the devastating wildfires that have engulfed our country. It is distressing to witness the widespread destruction, with over 1,000 wildfires raging uncontrollably across numerous locations. The lack of effective action from both governmental and non-governmental entities to contain these disasters has left us feeling helpless. The loss of wildlife, the alarming levels of air pollution, and the myriad of repercussions underscore the urgent need for intervention. As we observe April as 'Environmental Month' within Rotary, these wildfires serve as a stark reminder of the critical importance of environmental stewardship.**

Amidst these challenges, Rotarians remain steadfast in our mission to 'Create Hope in the World'. I commend the tireless efforts of club leaders in providing vital support to our communities. The Rotary Youth Leadership Award (RYLA) 2024 has played a pivotal role in nurturing the next generation of leaders and instilling them with Rotary values.

I extend my heartfelt congratulations to DGE Rajendra Man Sherchan for the successful organization of the Presidents Elect Training Seminar (PETS). To all club Presidents Elect,

your dedication to service above self is truly commendable.

I also wish to express my gratitude to my dear friend Mr. Sonam Lama, a dedicated Conservation Activist, for his unwavering commitment to securing sustainable habitats for endangered Red Pandas. Your efforts are invaluable to the preservation of our precious wildlife.

In these trying times, let us rally together and support one another amidst the financial challenges that have affected us all. Let us be beacons of hope in our communities, uplifting our friends, colleagues, families, and business circles. As people of compassion and resilience, let us embrace every challenge as an opportunity for collective growth and sustainable development.

As emphasized by RI President Gordon R. McInally, the urgency of peaceful resolutions in Europe and West Asia cannot be overstated. Let us prioritize dialogue over discord, and work towards fostering social harmony and justice, both locally and globally.

Yours in Rotary,

**- Rtn. Raj Shrestha**

Chair 2023-24

District Publication & GML Sub-Committee

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ROTARY NEWS / RISAO

## What's up?

Send club news & activities, articles and your creativity to [gml.district3292@gmail.com](mailto:gml.district3292@gmail.com) And, get it published.

TEMPLATES HERE →



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